

I claim:

1. A method of cleansing a colon in preparation for a colonoscopy comprising:

ingesting a combination of compositions in pharmaceutically effective amounts, said combination of compositions comprising: bisacodyl, metoclopramide, a phosphorus containing composition, and sodium.

2. The method according to claim 1 wherein said combination of compositions, when ingested by a patient having a colon, is sufficient to trigger a physiological response, including peristalsis of the colon, whereby the colon is subsequently adequately cleansed for a colonoscopy procedure.

3. The method according to claim 2 wherein said phosphorus containing composition is selected from the group comprising: phosphate, potassium phosphate, monobasic sodium phosphate, and dibasic sodium phosphate.

4. The method according to claim 3 wherein said combination of compositions is ingested in a series of sequential doses comprising:

- a) a first dose comprising bisacodyl;
- b) a second dose comprising a combination of bisacodyl, metoclopramide, said phosphorus containing composition, and sodium;
- c) a third dose comprising bisacodyl, said phosphorus containing composition, and sodium; and
- d) a fourth dose comprising metoclopramide.

5. The method according to claim 4 wherein said second dose is ingested approximately 8-36 hours after said first dose.
6. The method according to claim 5 wherein said third dose is ingested approximately 2-14 hours after said second dose.
7. The method according to claim 6 wherein said fourth dose is ingested approximately 6-14 hours after said third dose.
8. The method according to claim 5 wherein said first dose is ingested approximately two days prior to a colonoscopy procedure.
9. The method according to claim 8 wherein:
  - a) said first dose comprises 5-15 mg bisacodyl;
  - b) said second dose comprises a combination of 5-15 mg bisacodyl, 5-15 mg metoclopramide, .5-2 g of said phosphorus containing composition, and .5-2g sodium;
  - c) said third dose comprises 5-15 mg bisacodyl, .5-2 g of said phosphorus containing composition, and .5-2 g sodium; and
  - d) said fourth dose comprises 5-15 mg metoclopramide.
10. A combination of compositions for cleansing a colon prior to a medical examination procedure, said combination of compositions comprising:
  - a pharmaceutically effective amount of metoclopramide;

a pharmaceutically effective amount of bisacodyl;  
a pharmaceutically effective amount of a phosphorus  
containing composition; and  
a pharmaceutically effective amount of sodium.

11. The combination of compositions according to claim 10 wherein said combination of compositions, when ingested by a patient having a colon, is sufficient to trigger a physiological response, including peristalsis of the colon, whereby the colon is subsequently adequately cleansed for a colonoscopy procedure.

12. The combination of compositions according to claim 11 wherein said phosphorus containing composition is selected from the group comprising: phosphate, potassium phosphate, monobasic sodium phosphate, and dibasic sodium phosphate.

13. The combination of compositions according to claim 12 wherein said combination comprises a series of sequential doses comprising:

- a) a first dose comprising bisacodyl;
- b) a second dose comprising a combination of bisacodyl, metoclopramide, said phosphorus containing composition, and sodium;
- c) a third dose comprising bisacodyl, said phosphorus containing composition, and sodium; and
- d) a fourth dose comprising metoclopramide.

14. The combination of compositions according to claim 13 wherein:

- a) said first dose comprises 5-15 mg bisacodyl;

b) said second dose comprises a combination of 5-15 mg bisacodyl, 5-15 mg metoclopramide, .5-2 g of said phosphorus containing composition, and .5-2 g of sodium;

c) said third dose comprises 5-15 mg bisacodyl, .5-2 g of said phosphorus containing composition, and .5-2 g sodium; and

d) said fourth dose comprises 5-15 mg metoclopramide.

15. The combination of compositions according to claim 14 wherein said metoclopramide is defined by the formula  $C_{14}H_{22}ClN_3O_2$ .

16. The combination of compositions according to claim 15 wherein said bisacodyl is defined by the formula  $C_{22}H_{19}NO_4$ .